

DENTIN HYPERSENSITIVITY

SUGGESTED STEPS IN RESOLVING DENTIN HYPERSENSITIVITY:

A thorough exam to rule out any other source for the problem such as tooth fracture, occlusal trauma, or irreversible pulpitis, must be done first. The most common reason for persistent hypersensitivity is bruxing.

TREATMENT STEPS: Start with Step 1. Progress through steps as needed, until hypersensitivity is controlled.

- Step 1. Home treatment** with a desensitizing toothpaste containing potassium nitrate (or stannous fluoride) (used to brush teeth at least 2 times per day, as well as a thin layer applied to affected teeth and left overnight, each night for 3 to 4 weeks). Tell patient not to use tartar control toothpaste. It may slow natural occlusion of dentinal tubules by preventing calcium precipitation.
- Step 2. In office**, apply glutaraldehyde/HEMA preparation to exposed root surface (eg, Glu/Sense, GLUMA Comfort Bond & Desensitizer).
- Step 3.** Apply potassium nitrate-based toothpaste in a bleaching tray for 10 to 30 minutes a day as needed.
NOTE: This is the best way to prevent bleaching sensitivity.
- Step 4.** Coat exposed root surface with light cured self-etching resin (eg, Clearfil SE Bond 2, Clearfil SE Protect Bond).

Potassium nitrate is the active ingredient in all FDA-approved desensitizing toothpastes (**Crest Sensitivity Protection, Sensodyne, Colgate Sensitive, Oragel Sensitive**, etc), except **Crest ProHealth** which contains stannous fluoride.

NOTE: Check the ADA website <https://www.ada.org/en/science-research/ada-seal-of-acceptance/ada-seal-shopping-list> for current listing of ADA-accepted consumer products.